



# WORLD WEBINAR ON

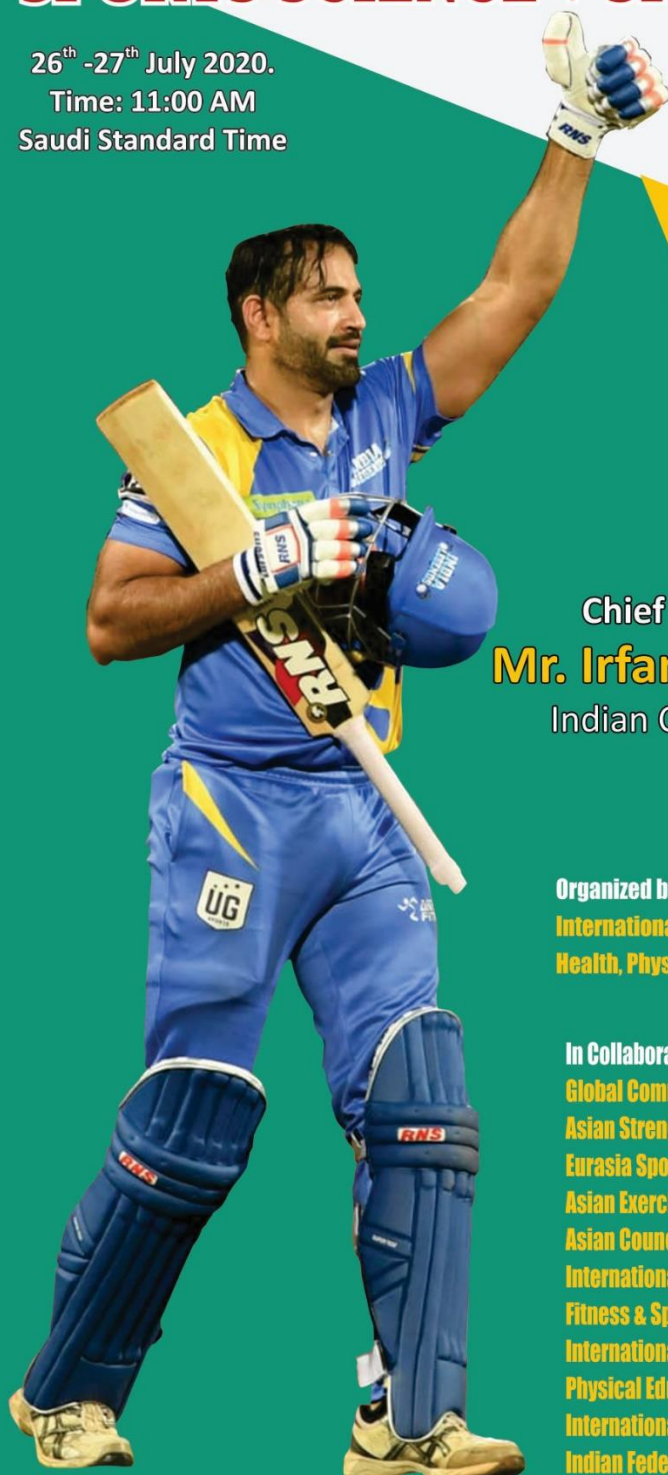


## SPORTS SCIENCE + SPORTS MEDICINE

26<sup>th</sup> -27<sup>th</sup> July 2020.

Time: 11:00 AM

Saudi Standard Time



***Dr. Kaukab AZEEM***  
*President, International Federation  
Saudi Arabia*

Chief Guest  
**Mr. Irfan Pathan**  
Indian Cricketer

**BOOK OF  
ABSTRACTS**

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Organized by  
**International Federation for Fitness,  
Health, Physical Education & Iron Games**

In Collaboration with  
**Global Community Health (GCH), USA  
Asian Strength lifting Federation & World Strength Lifting Federation  
Eurasia Sport Sciences Union (ESSU), Turkey  
Asian Exercise and Sport Science Association (AESA),  
Asian Council of Exercise & Sports Science (ACCESS)  
International Fed of Physical Education,  
Fitness & Sports Science Association  
International Journal of Fitness, Health,  
Physical Education & Iron Games  
International Science, Culture, & Sport Association,  
Indian Federation of Computer Science in Sports**

**Chief Guest**  
**Janab Irfan Pathan**  
**Indian cricketer**



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**Prof. Daniela Dasheva**  
Bulgaria



**Dr. Abdulhameed Al Ameer**  
Saudi Arabia



**Prof. Mehmet GUNAY**  
Turkey



**Prof. Rajesh Kumar**  
India



**Prof. Mingkai Chin**  
Las Vegas, USA



**Dr. Habib Al Rabaan**  
Saudi Arabia



**Dr. Gurdeep Singh**  
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**Shri. B.B. Patranobis**  
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**Mr. Syed Masood Ahmed,**



**Janab Syed Riaz Mahmood,**



**Shri. Y. Emmanuel Shashi Kumar**



## Speakers



**Prof. Mingkai Chin**  
Las vegas, USA



**Dr. Susannah Stevens**  
New Zealand



South Africa



**Prof. Erika ZEMKOVÁ**  
Slovakia



**Dr. Kaukab AZEEM**  
Saudi Arabia



**Prof. subramanian**  
Chairman, Scientific Committee

## Speakers



**Dr. Jingzhen (Ginger)**  
Ohio, USA



**Dr. Geoff Dickson**  
Australia



**Dr. Zornitza MLADENOVA**  
Sofia / Bulgaria



**Dr. Alliance Kubayi**  
South Africa



**Dr. Ma. Rosita Ampoyas,**  
Philippines



**Prof. K. Chandrasekaran,**  
Chairman, Scientific Committee

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## **SUMMARY ABOUT THE INTERNATIONAL JOURNAL** **Refereed and Peer Reviewed International Journal**

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International Journal of Fitness, Health, Physical Education & Iron Games (IJFHPEIG) is an Academic, online peer-reviewed, refereed Journal and published by IFFHPEIG. The Journal had inspired lot of researchers from the globe to contribute in the field of sports, Physical Education and Iron Games to published their research work. It is great honor to receive lot of responses from the contributors for contributing and sharing their knowledge. We take privilege in inviting our colleagues/students/ researcher's/ Faculty members to send their research work to publish in our esteemed Journal.



### **DR. KAUKAB AZEEM**

**Editor-in-Chief, IJFPEIG**

Faculty, Physical Education Department  
King Fahd University of Petroleum & Minerals, Saudi Arabia

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# MESSAGES

**Greeting Message**  
**World Webinar on Sports Science + Sports Medicine 2020**



**MR.IRFAN PATHAN**  
**ICON OF INDIAN CRICKET**

**Chief Guest, World Webinar on Sports Science +  
Sports Medicine 2020**

**It is extremely creditable that International Federation for Fitness, Health, Physical Education and Iron Games have organized world webinar on sports science and sports medicine on 26<sup>th</sup> - 27<sup>th</sup> July 2020.**

**The theme of this webinar is relevant in the present context. This webinar has helped the xx sports fraternity aware of the role of sports medicine during and after sports competitions.**

**I was honored to be part of this webinar as a Chief Guest. I extend my greetings and best wishes to all the participants and organizers and to the souvenir with the event and publication good luck and grand success.**

**IRFAN PATHAN**

## *Greeting message*



Faculty of Sport

Theory of sport training

Theory and methodology of sport training

Vice rector for European integration and international relations at the  
National Sports Academy of Sofia.

Former caretaker Minister of Youth and Sports, Bulgaria

Dear Organisers,

Dear speakers and guests,

The World Webinar on Sports Science and Sports Medicine, organized by The International Federation for Fitness, Health, Physical Education & Iron Games with the endorsement of many International Federations, is an event unique in both its size and its discourse, where world-acclaimed lecturers from five different continents present their viewpoints. Such a grand event requires purposeful, continuous and systematic preparation. The Covid-19 pandemic is an issue that provokes conversation about our need to focus on and discuss sport, physical education and sports medicine, not only now, but how they will develop in the future as well. Sport suffers much more than any other social system from this pandemic. However, sport is a social phenomenon! Physical movement is an extremely important agent of evolution, which ensures the normal development of human vital functions. Research in recent years has shown that one of the most negative impacts of the scientific and technological revolution is decreased levels of physical activity (hypo-dynamics), which is gradually becoming an issue for modern civilized society. This leads to a pronounced psychophysical disharmony in the biosocial nature of man. It is the result of the contradiction that arises between the "genetic memory" of the organism, whose neuro-humoral adaptation mechanisms are extremely stable, and the stressful influences of the environment in which we live. The consequences of physical inactivity are connected to many non-communicable diseases – cardiovascular diseases, cancer, hypertension, mental disorders, musculoskeletal disorders and many others.

We believe in the successful holding of the World Webinar on Sports Science and Sports Medicine on 26 to 27 July 2020 in an extremely comfortable online atmosphere. I allow myself, and on behalf of the organizers, to wish you a fruitful and pleasant discussion.

Sincerely yours,

Full Professor Daniela Dasheva, DSc.

**Prof. Daniela Dasheva**



**Greeting Message**  
**World Webinar on Sports Science + Sports Medicine 2020**



**Prof. Dr. Ming-Kai CHIN**

Founder and President, The Foundation for Global Community Health (GCH)  
Founding and Immediate Past President, BRICS Council of Exercise & Sports Science (BRICSCESS)  
Co-Founder & Former President  
Asian Council of Exercise & Sports Science (ACCESS)  
Vice President, Global Affairs & Research  
HOP Sports Inc., USA

It is my privilege to serve as the Guest of Honor and Invited Speaker for the online **World Webinar on Sports Science + Sports Medicine 2020 (WWSCSM 2020)**, 26-27 July 2020 organized by International Federation for Fitness Health, Physical Education & Iron Games (IFFPHPEIG).

IFFPHPEIG established by Honorary Life President Dr. Kaukab Azeem in 1995 has played an active role to promote fitness, health and wellness globally with universities and international associations. To share similar mission and vision, as Founder and President of the Foundation for Global Community Health (GCH), Co-Founder and current Board of Directors of BRICS Council of Exercise and Sports Science (BRICSCESS) and Asian Council of Exercise and Sports Science (ACCESS), we are looking forward to share with colleagues around the world at WWSCSM 2020 and seeking future collaboration. I believe promoting active life style with holistic health and quality for general population is our common goal to strive for excellence.

WWSCSM 2020 is timely during this difficult time when the world is facing the coronavirus pandemic. It provides us a knowledge-sharing platform (KSP) in an attempt to come up with a solution to reemphasize the importance of active living through the support of exercise and sports science with creativity and sustainability. There is an emergent and continuing need to adapt an inter-disciplinary, theory to practice approach to create a healthy community through a holistic model.

May I take this opportunity to convey my very best wishes for an effective, fruitful and dynamic WWSCSM 2020.

**Prof. Dr. Ming-Kai CHIN**

**Greeting Message**  
**World Webinar on Sports Science + Sports Medicine 2020**



**Dr. Abdulhameed Al Ameer**

Chairman, Physical Education Department,  
King Fahd University of Petroleum & Minerals, Saudi Arabia

It gives me an immense pleasure to learn that International Federation of Fitness, Health, Physical Education & Iron Games is going to organize World Webinar on Sports Science + Sports Medicine from 26<sup>th</sup> to 27<sup>th</sup> July 2020.

Sports play an important role in the development of integrated personality of the youth. A potential source of energy that needs to be channelized into constructive directions through participation in competitive sports.

It is an existing time in the fields of physical education, fitness and sports science and this seminar will help spread the increasing amount of knowledge to a wide audience of scholars and practitioners. This World webinar gives a high platform for the coaches, and teachers to learn, interact and update their knowledge and transfer to their students.

I like to congratulate to Dr. Kaukab AZEEM for organizing such a wonderful event first time around the globe and inviting outstanding speakers from all the continents. This is a very important and high platform for the researchers to learn and exchange their knowledge.

I wish to thank the organizers for the inviting me as Guest of Honor in this World webinar.  
We hope for the grand success of the upcoming event.

**Dr. Abdulhameed Al Ameer**

**Greeting Message**  
**World Webinar on Sports Science + Sports Medicine 2020**



**Prof. Rajesh Kumar**  
**President**  
**International Federation of Physical Education, Fitness and Sports Science Association**

International Federation of Physical Education, Fitness and Sports Science Association with great pleasure extend the warmest greetings to the Organizers, Delegates and Speakers of the International Webinar on Sports Science and Sports Medicine on 26<sup>th</sup> and 27<sup>th</sup> July 2020 organized by the International Federation of Fitness, Health, Physical Education and Iron Games.

This Webinar will provide a platform to all the Physical Educational Professors, Sports Scientists, Sports Coaches, Sports Trainers, Sports Doctors, Sports Psychologist, Physical Education Scholars, Physical Education Teachers and other participants to share their views and promote the knowledge in the field of Physical Education and Sports Science Profession at the International Level.

I wish the Organizers a grand success.



Prof. Rajesh Kumar, President ,IFPEFSSA  
Principal, Univ. College of Physical Education, OU,Hyd





**Greeting Message**  
**World Webinar on Sports Science + Sports Medicine 2020**



**Prof.Mehmet GUNAY**  
**Turkey**

Dear friends,

World Webinar on Sport Science and Sport Medicine was held successfully by the organizing committee. It was an honor for me to participate in the webinar from Turkey. First of all, I would like to thank the organizing committee for the huge efforts. Researchers who attended the webinar from all over the world also contributed to the field by different perspectives. The webinar was an opportunity for colleagues to discuss sport sciences and sports medicine. It also served as an online platform for students to get benefit from specialists in their field, especially throughout the COVID-19 pandemic. Such organizations as the webinar will be always supported by the Sports Sciences Association of Turkey. We look forward to getting together again by scientific webinars and congress.

Mehmet GUNAY  
President of Sports Sciences Association of Turkey  
Vice Preresident of Turkish University Sports Federation

--

Kadir KESKİN  
Gazi Üniversitesi Spor Bilimleri Fakültesi  
Bedensel Eğitimi ve Spor Öğretmenliği Bölümü

## MESSAGE



**Dr. Gurdeep Singh, D.Litt.**

Former Secretary Sports Board,  
Association of Indian Universities  
AIU House, New Delhi-110002.

It gives me immense pleasure to learn that International Federation for Fitness, Health, Physical Education and Iron Games, in collaboration with Top Ten (10) International Federations, is organizing an online World Webinar on Sports Science and Sports Medicine on July 26-27, 2020.

In this unique mega event, only two Eminent Speakers have been invited from each continent, for scientific deliberations on various aspects of sports literacy, with a view to ensure holistic development of elite athletes-body, mind and spirit. In modern education, sports play an important role in the development of integrated personality of the youth, enabling them to display an improved performance, in all lifestyles. Therefore, it is an established fact that sports considered a vital tool, to channelize the youthful energy into constructive and productive activities, as a most effective national building process.

Further, inspired by the dynamic leadership of the Hon'ble President, Dr. Kaukab Azeem, the IFFHPEIG has been laying a tremendous emphasis on the issue of investing sustainable efforts and technical resources, in the process of developing competitive sports as a full time and lucrative profession .

Today, youth sports considered a nerve center and lifeline of all the sporting nations, for displaying an impressive sporting performance at top class tournaments in the world. Hence, These countries have designed their policies, developed action plans, delivered the desired results at all level events, and made the presence of their nations felt in competitive sports.

We do hope that organizing such high quality mega events, with a professional approach will provide a "Global Platform" to all the stake-holders, including elite athletes, support staff and sports scientists, for sharing their professional knowledge and versatile experience.

Above all, an effective implementation of recommendations of World Webinar is expected to create an enabling environment, where in athletes, officials, policy-makers, media persons, corporate icons and sports scientists can work as a team, without any favor or fear, for the benefit of sportspersons. My best wishes to the organizers for a pinnacle success in their endeavor.

**Dr. Gurdeep Singh**

## Message from the Table of Dr. Habib Al- Rabaan,



I am very much happy and delighted to learn that the International Federation for Fitness, Health, Physical Education & Iron Games is organizing an online World Webinar on sports science + sports medicine 2020 with collaboration of 10 International Federations from 26 to 27 July 2020. It is an exciting time as this is a unique webinar where in two selected speakers from each continent will be in attendance. This is a great challenging phase as our profession continues to grow and adapt during a time of larger nation-wide and global transformation due to COVID 19. I hope that this Webinar will bring inspired professionals together to ensure global updates on academics and research.

I am sure this Webinar will offer many opportunities to build on our distinguished record and I wish success to the Organizers, Speakers, guests and participants of this Webinar.

### **Dr. Habib Al-Rabaan**

Associate Professor & Academic Coordinator,  
King Fahd University of Petroleum & Minerals,  
Dhahran, Saudi Arabia



## **M E S S A G E**

At the outset, I am elated and happy to learn that an online World Webinar on sports science + sports medicine 2020 with collaboration of 10 International Federations is being organized by International Federation for Fitness, Health, Physical Education & Iron Games on 26 & 27 July 2020. This Webinar will allow the participants for enhanced engagements and innovative activity based on the virtual online presentations. I personally feel that this Webinar will enrich each one of us by listening to world-renowned scientists, academicians, professionals and researchers.

I wish the Webinar the very best and success.

**Syed Ibrahim**

King Fahd University of Petroleum & Minerals,  
Saudi Arabia.

## **International Webinar on Sports Science and Sports Medicine 2020**

### **Message**

International Federation of Physical Education, Fitness and Sports Science Association and Nizam College, OU with great pleasure extend the warmest greetings to the Organizers, Delegates and Speakers of the International Webinar on Sports Science and Sports Medicine on 26<sup>th</sup> and 27<sup>th</sup> July 2020 organized by the International Federation of Fitness, Health, Physical Education and Iron Games.

Sports medicine is a medical specialty that deals with both prevention and treatment of injuries and illnesses that are related to fitness and sports. Healthcare professionals in this field of medicine include physical therapists, orthopedic surgeons, coaches, trainers, etc.

This Webinar will provide a platform to all the Sports Medicine Professionals, Sports Scientists, Sports Coaches, Sports Trainers, Sports Doctors, Sports Psychologist, Physical Education Scholars, Physical Education Teachers and other participants to share their views and promote the knowledge in the field of Physical Education and Sports Science Profession at the International Level.



Prof.L.B.Laxmikanth Rathod, Gen.Secy.IFPEFSSA

Principal, Nizam College, OU, Hyderabad



## **International Webinar on Sports Science and Sports Medicine 2020**

### **Message from the desk of Mr. Babul Bikas Patranobis**



### **Strong Body is Strong mind**

Dr.Kaukab Azeem, President International Federation for Fitness Health, Physical Education & Iron games. Dr.Kaukab is World Champion in Strength Lifting 2014-15 and he is the President of Asian & Vice President World Strength lifting Federation. I am extremely happy to know that the World Webinar on Sports Science +Sports Medicine program is being held between 26th-27th July 2020, organized by International Federation for Fitness, Health, Physical Education & Iron Games. I am equally privileged to send this message to the organizers that program like this will go to long way in educating the present generation to improve their physical strength and physical education. It is a high time now that will build world class physical education & iron games centers thereby we can compete globally and win International laurels. I heartiest wish your program and goes successful and able to project the International Federation for Fitness as role models for the coming generation.

Thank you very much.

Yours sincerely,

**Babul Bikas Patranobis**

General Secretary,  
World Strength lifting Federation.

# ABSTRACT



## International Webinar of Sports Science & Sports Medicine, 2020

### KEY NOTE ADDRESS



Faculty of Sport

Theory of sport training

Theory and methodology of sport training

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### Brief Profile

Prof. Daniela Dasheva is researcher and university lecturer with a broad scope of scientific interests. Her core scientific field is focused on the theory of sports preparation with an accent on elite sportsmen. Prof. Dasheva has more than 450 scientific articles on this topic. She has presented her original and deep research concepts to international audience during scientific conferences on almost all continents. Prof. Dasheva is an excellent international lecturer whether working with students in international programs or delivering lectures to professional coaches and sports specialists in Europe, Latin America, North Africa and Asia. Due to her active, fruitful and successful team work prof. Dasheva is being invited to different national and international working groups for solving political and methodological problems of sport organization and contents. Besides her academic interests and achievements prof. Dasheva devotes huge energy and efforts to social governing and leadership. She is one of the first academic leaders at the university to initiate and implement European projects work with the opening of European programs to Bulgarian education institutions. Prof. Daniela Dasheva has lead more than 15 large international projects. In project implementation she participates at both management and expert/research stages. Prof. Dasheva has considered her participation in European projects as a valuable chance to constantly making experiments and finding solutions to the most demanding problems stemming from her professional and social environment. In her capacity as vice rector for European integration and international relations at the National Sports Academy of Sofia prof. Dasheva has developed a large network of partner institutions for both student and teacher mobility and academic cooperation. The internationalization activities conducted under prof. Dasheva's leadership head the university to the most attractive and up-to-date stages of European higher education and research areas. Expert at the Bulgarian National Assembly at Committee on children, youth and sport. The Caretaker Minister of Youth and Sports from 27.01.2017 until 04.05.2017.

# **Master's Program High Performance Sport E-learning during Covid-19 Pandemic**

Daniela Dasheva, Hristo Andonov, Liliya Doncheva  
National Sports Academy "V. Levski" – Sofia

## **Abstract**

The Covid-19 pandemic put to the test the learning process in master's degree High Performance Sport. An urgent reorganization of both the theoretical and the sports modules was made. The main problems were what online platforms or tools of communication to be used and how effective this learning would be. Over the last few decades, online learning in higher education has been studied extensively.

The aim of this research was to examine the efficacy of the E-learning in Master program High Performance Sport during Covid-19 pandemic. The main research method used was observation study where the researcher becomes part of the group to be observed. The sample consisted of 92 cases. Sixteen theoretical modules were included together with some of the specialized subjects such as Conditioning, Basketball, Volleyball, Tourism and Orienteering, Biathlon, Tennis, Table Tennis, Weightlifting, Wrestling and Rhythmic Gymnastics. The math-statistical analysis of the data included frequencies and crosstabulation statistics. The software package used to analyse the data was IBM SPSS software platform version 23. The results showed that emails and distance studies platform [www.virtualnsa.bg](http://www.virtualnsa.bg) were the most often used online platforms or tools for communication. The crosstabulation showed that the theoretical modules were taught mostly through virtual platform (79.2%) and Viber (74.4%) although the professors teaching specialized sports subjects predominantly used email communication (57.9%) or other social online platforms (62.5%).

This work provides an overview of the extent to which blended education has been highlighted by the pandemic. It helps understand the challenges lecturers may face in the new Internet era in relation to designing applicable materials and using non-standard learning methods to support students and education as a whole. We will have to rethink the very nature of sport and sports education. Perhaps this is a chance for a new beginning.

**Key words:** education methods, evaluation, problems, opportunities, sport

**World Webinar on Sports Science + Sports Medicine 2020**  
**Invited Speaker**



**Prof. Dr. Ming-kai CHIN**

Founder and President, Foundation for Global Community Health (GCH)  
Founding and Immediate Past President, BRICS Council of  
Exercise & Sports Science (BRICSCESS)  
Co-Founder & Former President  
Asian Council of Exercise & Sports Science (ACCESS)  
Vice President, Global Affairs & Research  
HOPSports Inc., USA  
E-mail: chinmingkai@yahoo.com

**BIO**

Prof. Dr. Ming-kai Chin received his Ph.D. in exercise physiology from University of Wisconsin-Madison, USA in 1985. Previously he served as the Head of Sports Science at the Hong Kong Sports Institute; Head and Principal Lecturer, Department of Physical Education and Sports Science at the Hong Kong Institute of Education; and Professor, School of Kinesiology, Allied Health and Human Services, University of Northern Iowa, USA. Currently, he is the Vice President, Global Affairs and Research, HOPSports, Inc., USA. Prof. Chin's research interests lie in integrated and holistic approaches in the fields of physical activity, sports, exercise science, leisure, health, and technology to promote active living in school and community. He has edited 8 books and authored over 190 publications in scientific and sports journals in English and Chinese. Prof. Chin has delivered more than 130 keynote and invited presentations, and over 90 conference paper presentations in North America, South America, Africa, Europe and Asia Pacific Region. A Fellow of AIESEP and Research Consortium of SHAPE America, he is one of the four founders and former President, Asian Council of Exercise and Sports Science (ACCESS). Prof. Chin is the Co-editor of the book "Physical Education and Health: Global Perspectives and Best Practice" in 2014 in which scholars of 40 countries contributed chapters on the new direction of physical education and health in their respective country. In April 2015, Prof. Chin was awarded the Medal of Manuel Gomes Tubino by FIEP for his contribution to global work in physical education. In 2015 Prof. Chin became the founding and immediate Past President, BRICS Council of Exercise & Sports Science (BRICSCESS). In more recent years Prof Chin has founded and is current President of The Foundation for Global Community Health (GCH) which partners with the UN Global Sustainable Index Institute (UNGSII) to promote the 17 Sustainable Development Goals (SDG) to 193 countries.

# **New Global Direction on Physical Activity and Health: Implication and Impact during the COVID-19 Pandemic**

By

**Prof. Dr. Ming-kai CHIN**

## **Abstract**

In 2014, the book *Physical Education and Health: Global Perspectives and Best Practice* was published in which scholars of 40 countries contributed their chapters on the new direction of physical education and health in their respective country. All countries without exception indicated that they have child obesity problems and a lack of physical activity in schools and in daily living. A global movement of “changes” were initiated from the Global Forums for Physical Education Pedagogy (GoFPEP 2010-2016) in USA, Germany, South Africa and Turkey focusing on interactive technology, community networking, and model schools and best/good practice. Levels of overall physical activity have been shown to decline across childhood, even though physical activity is associated with health, physical and mental benefits. Implementing classroom-based physical activity (e.g Brain Breaks®) has received a great deal of attention, promising to improve not only activity and fitness levels, but also academic achievement and positive classroom behaviours.

The Foundation of Global Community Health (GCH) was founded in 2017 and its mission is “To Improve Community Health and Wellness Worldwide by Promoting Physical, Social and Emotional Health and Safety through Evidenced and Culturally Relevant School-Based Intervention Strategies”. The current coronavirus pandemic has caused a lockdown in many countries and families are confined to their homes. Lack of physical activity has become a major concern and health professionals are recommending that to maintain holistic health, regular physical activity is a basic requirement for each family member during this difficult time. This presentation will outline the On-Line Streaming Brain Break (BB) project initiated by GCH which has offered more than 300 BB videos to the world for free usage. These BB videos can be accessed at home in order to remain physically active. They are fun and can be used anytime, anywhere. The future global direction of promoting physical activity and health and the linking of this project with Active Model School of merging of CDC, Whole School, Whole Child and Whole Community (WSCC) and the 17 UN Sustainable Development Goals (UNSDG 17), especially Goal #3, Health and Well-Being, will be discussed.

**World Webinar on Sports Science + Sports Medicine 2020**  
**Invited Speaker**



**Dr Susannah Stevens**  
New Zealand

**BIO**

**Dr Susannah Stevens** is a lecturer of Physical Education, and manages a Child Well-being Research Institute at the University of Canterbury. Susannah is the President of Physical Education New Zealand (PENZ), an organisation that supports planning, teaching and assessment of physical education. She is also a mother of two young boys, the Co-Director of the New Zealand Centre for Olympic Studies, and represents New Zealand on the Foundation of Global Community Health. Her specific research interests focus on the joy of movement, and quality physical education using an amalgamation of pedagogical, sociological and philosophical knowledge.



# **Pedagogy and Movement Pleasure in Physical Education**

By

**Dr. Susannah Stevens**

Manager Child Well-being Research Institute | Lecturer Physical Education

**Child Well-being Research Institute | Te Kāhui Pā Harakeke**

**University of Canterbury | Te Whare Wananga o Waitaha**

**New Zealand | Aotearoa**

## **Abstract**

COVID-19 has changed the nature of teaching physical education around the globe. What hasn't changed is the need to select pedagogical approaches that fit our unique contexts and learners. Often, physical education curriculum is focused on physical activity alone, or performative elements that seem to centralise on skill acquisition. This is an important part of physical education, however should not be the sole focus of physical education programmes. When curriculum is narrowed in this way, and a teacher only focuses on the physical elements of movement, this shapes and narrows our children's understandings and perceptions of movement. Research shows that physical education culture often conforms to institutionalised routines and behaviours that shape the way we teach, the way our students learn, and the way they experience movement pleasure. This is helpful when we want to standardise or measure performative success; but it also prevents our learners from being able to express themselves fully and celebrate sense and difference. This could mean our learners are not able to connect to movement contexts, or find joy in movement in physical education settings; something that could prevent them from participating in the future. However, research shows that if our children are exposed to diverse, holistic movement experiences and opportunities, there will be an increase in their enjoyment and participation. This can be achieved if physical educators focus on the educational element of physical education before the physical context. By using multiple and different pedagogical approaches in physical education lesson planning, the students are provided with alternative experiences of movement and physical activity. This, in turn, allows for a student to establish preferences, be exposed to new contexts, apply knowledge in different settings and maximise their thinking. The important by-product of these factors, is the increased enjoyment that students experience when they have the freedom to make individual meaning in movement contexts.

**Keywords:** Physical Education, Pedagogy, Learning, Movement pleasure

## **World Webinar on Sports Science + Sports Medicine 2020**

### **Invited Speaker**



**Prof. Yvonne Paul**  
South Africa

### **BIO**

**Prof. Yvonne Paul** had completed her Ph.D at the University of Pretoria, which focuses on the discipline of bio-kinetics and sports science. Prof. Yvonne is currently one of the Directors on south African Bio-kinetics board for National and International relations. Prof. Yvonne had published numerous research papers in reputed Journal and attended International conferences. Presently she is the vice Dean at Tshwane University of Technology, South Africa.

# **Chronic Diseases and Exercises, Prevention and their Management**

By

**Prof. Yvonne Paul**

Vice Dean at Tshwane University of Technology, South Africa

## **Abstract**

Hippocrates wrote, “In a word, all parts of the body which were made for active use, if moderately used and exercised at the labor to which they are habituated, become healthy, increase in bulk, and bear their age well, but when not used, and when left without exercise, they become diseased, their growth is arrested, and they soon become old.

Regular physical activity helps improve your overall health, fitness, and quality of life. It also helps reduce your risk of chronic conditions like type 2 diabetes, heart disease, many types of cancer, depression and anxiety, and dementia.

The use of exercise as a medical treatment is an old concept, but one that did not start gaining acceptance until the 20th century. Today, exercise scientists are exploring the limits of exercise as a therapy - of exercise as a medicine. It is not possible to discuss all the ramifications of exercise prescription in a brief article, so I shall take a larger view and illustrate how various kinds of exercise may be useful in patients with a chronic disease and/or a disability.

An exercise prescription, like any prescription, has a type and dose, a dosing frequency, a duration of treatment, a therapeutic goal, and anticipated adverse effects. This is true whether the exercise is simple stretching for range of motion, aerobic exercise for all around fitness, resistance training for strength, or a more integrated type of functional exercise designed around activities of daily living. Generically speaking, any exercise prescription resembles a drug prescription: Exercise A, taken  $N$  times daily, for  $X$  duration of weeks/months/years.

To prescribe exercise in the context of chronic disease, one needs to consider how the physiology of exercise training interacts with both the pathophysiology and medical management of the patient's chronic disease(s).

**Keywords:** Management, Diseases, Exercise prescription, Health

## World Webinar on Sports Science + Sports Medicine 2020

26<sup>th</sup> – 27<sup>th</sup> July 2020

### Invited Speaker



**Prof. Erika ZEMKOVÁ, Ph.D.**

Department of Biological and Medical Sciences  
Faculty of Physical Education and Sport  
Comenius University in Bratislava  
Slovakia

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**Erika Zemková, Ph.D.** is a professor in the Department of Biological and Medical Sciences, Faculty of Physical Education and Sport, Comenius University in Bratislava. She also works as a researcher at the Technological Institute of Sport, Faculty of Electrical Engineering and Information Technology, Slovak University of Technology. She completed her Masters Degree in Professional Coaching in 1994, and Doctoral Degree in Sports Kinanthropology in 1999. In 2004, Slovak Academy of Sciences awarded her the Scientific Qualification Degree IIa – Independent Scientist. In 2007, she became Associate Professor and in 2013 Full Professor of Sports Kinanthropology. In 2008, she graduated at the Institute of International Relations and Law Approximation, Faculty of Law, Comenius University in Bratislava. She has received fellowships for conducting research at foreign universities, including the Ronald and Eileen Weiser Professional Development Award (University of Michigan, 2009), Fulbright Award (Neuro-muscular Research Center at Boston University, 2005–2006), Aktion Österreich–Slowakei Stipendium (University of Vienna, 2005), NATO Expert Visit Award (University of Aberdeen, 2005), CIMO Fellowship (Research Institute for Olympic Sports in Jyväskylä, 2003), and for teaching activities through the Erasmus Program and bilateral agreements between Universities (2004–2013). She was awarded by Coventry University Research Committee to be a Visiting Professor in Physical Education and Sport at the Faculty of Health and Life Sciences, Coventry University (2012–2015). Her scientific and academic work was noted for merit by her home Faculty of Physical Education and Sport in 2011, 2012 and 2019, and also by Comenius University in Bratislava in 2018.

# **Assessing Core Stability and Strength Related to Sport Performance**

By

**Prof. Erika ZEMKOVÁ**

Department of Biological and Medical Sciences

Faculty of Physical Education and Sport, Comenius University in Bratislava, Slovakia

## **Abstract**

Recently widely promoted core stabilization and core strengthening exercises have been seen to improve spinal stability and the strength of back muscles. While these exercises seem to be efficient in the prevention of back pain and the rehabilitation of lumbar spine and musculoskeletal injuries, there is limited and conflicting scientific evidence regarding their effectiveness for the enhancement of athletic performance. This is mainly due to the lack of a standard evaluation system of core stability and strength. Most current testing methods are not sensitive enough in discriminating between and within group differences in these measures, and in revealing their slight changes after exercise programs. Given also a lack of sport-specific tests, research to date has only marginally addressed to what extent core stability and strength are associated with athletic performance. The external validity of frequently used isokinetic trunk strength and isometric trunk endurance tests for sport-specific tasks is ambiguous. While some authors have shown that these measures and athletic performance are related, others have not. Given that muscle power is a more specific measure, the tests that assess this component of the core would be more appropriate because they better mimic the demands imposed by many sporting activities. Nevertheless, maximal strength of back muscles and their endurance is usually measured, whereas muscle power is often neglected. However, these measurements underestimate the loads on the spine during dynamic movements. Therefore, tests simulating the task being assessed may be more appropriate for athletes with demands to generate high force over short time periods.

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**Invited Speaker**



**Dr. Kaukab AZEEM**  
Dhahran, Saudi Arabia

**BIO**

**Dr. Kaukab Azeem** currently working as Assistant Professor (v) at Physical Education Department at the King Fahd University of Petroleum & Minerals, Saudi Arabia. His expertise is in fitness/health education, nutrition, sport activities, weight and training. He had won gold medal (World Champion) in the World Strength Lifting Championship at Kingdom of Bahrain, 2015. Received Best research paper award at International Conference on Sports Medicine and Fitness, March 23-25, 2015 at Chicago, USA. Dr. Kaukab received the Best Teacher Award 2015 at King Fahd University of Petroleum & Minerals and had recently awarded by the Directors of Board of International Science Culture and Sport Association, Turkey in 2017; highest International award from IFPEFSSA Award in 2019 at World Congress on Sports Science & Sports Medicine, Manama, Kingdom of Bahrain. Dr. Kaukab invited around the globe and had delivered as 34-invited speaker. Dr. Kaukab had visited more than 45 countries around the Globe. He had published more than 90 research papers in the various International Journal's and International conference proceedings, published one book, involved in ten funded projects at KFUPM and is a member of the editorial board of 22 International Journals. He is currently the Vice President of the World Strength Lifting Federation; President of Asian Strength Lifting Federation; and President of the International Federation for Fitness, Health, Physical Education & Iron Games. Chief-in-Editor International Journal of Fitness, Health, Physical Education & Iron Games. Guest Editor, American Journal of Sports Science, USA. Scientific adviser for foundation for Global Community Health (GCH), USA.

# Cardio-vascular Diseases (CVD): Role of Physical Activity, and Wellness

**Dr. Kaukab Azeem**

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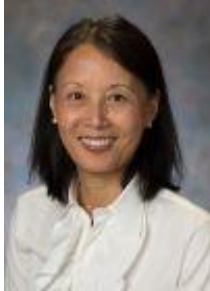
## Abstract

Cardio-vascular disease is at high risk around the globe. Physical inactivity, junk foods and poor life style is the main cause of cardio-vascular diseases. The cardio-vascular diseases are namely; Abnormal heart rhythms, or arrhythmias, aorta disease and marfan syndrome, congenital heart disease, coronary artery disease (narrowing of the arteries), deep vein thrombosis and pulmonary embolism, heart attack, heart failure, and heart muscle disease (cardiomyopathy). Heart rate test are two types namely; resting heart rate and max heart rate. India has 2.6 crores of patients with heart problems and globally the heart patients are 17.9 million. Fitness trends for 2020 are follows; wearable technology, high intensity interval training (HIIT), group training, training with free weights, exercise is medicine, bodyweight training, fitness programs for older adults, health /wellness coaching, personal training and employing certified fitness professional. The health benefits of PA can be realized by engaging in moderate-intensity physical activity (brisk walk) for at least 30 min per day, 5 days per week or vigorous activity (jogging) for 20 or more minutes, 3 days per week, Combinations of the 2 types of activity can also be performed ([Peter Kokkinos](#), 2018). (American Heart Association, 2018) Physical activity has a strong and positive impact on several of these factors, blood pressure, blood glucose, and body weight, in addition to overall risk for cardiovascular disease incidence and mortality. An optimum heart rate zone plays an important role in enhancing health and performance among the participants. According to American heart association suggested that aerobic very light training intensity ranges from 50 to 60%, light training ranges from 60-70%, moderate training from 70 -80%, hard training from 80-90% and maximum training ranges from 90-100%. Conclusion: Inactivity and low fitness are strong risk factors for CHD. Both confer an increase in risk similar to that associated with smoking, hypertension and high blood cholesterol. Recommendations: Engaged in regular physical activity and wellbeing, health check up every year, take balanced diet and maintain in and out of the calorie intake, improve your cardio-vascular health and follow systematic aerobics program, and take warm water early morning and after the meals (Japanese technic).

**Keywords:** Cardio-vascular, Aerobics, Heart disease, Prevention

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**Invited Speaker**



**Dr. Jingzhen (Ginger) Yang, PhD, MPH,**  
Professor of Pediatrics and Epidemiology  
Center for Injury Research and Policy  
Abigail Wexner Research Institute at Nationwide Children's Hospital  
Department of Pediatrics, College of Medicine, The Ohio State University  
Division of Epidemiology, College of Public Health, The Ohio State University, USA

**BIO**

Dr. Jingzhen Yang's research has primarily focused on sports injury prevention and control among youth and adolescents. She has been a PI, Co-PI, or an investigator on 33 grants or contracts with majority funding from National Institute of Health (NIH) and Centers for Disease Control and Prevention (CDC) to study concussions among youth athletes. She is an author or coauthor of more than 150 peer-reviewed journal articles and 5 book chapters, and presenter or speaker at many national and international scientific conferences. She served on the Major League Baseball Medical Assessment and Research Advisory Committee (2010-2014), the Chair of the Data Collection Working Group in the Big Ten/CIC-Ivy League TBI Research Collaboration (2014-2018), and an elected treasurer and member of Executive Committee, The Society for Advancement of Violence and Injury Research (SAVIR) (2016-2019). In 2013, she received the "Excellence in Science Award" from the American Public Health Association, Injury Control and Emergency Health Services section.

# **Policy Approach to Prevent Sports-related Injuries among School Aged Children**

**By**

**Dr. Jingzhen (Ginger) Yang**

## **Abstract**

Sports and recreational activities are widely promoted as part of a healthy lifestyle for children. However, the high incidence of injuries among children participating in these activities could diminish the physical and psychological benefits gained from participating and pose a serious threat to the health and well-being of children. Each year, at least 4 million sports and recreational injuries occur to school aged children in the United States (US), with approximately 2 million being sports-related concussions, a form of traumatic brain injury (TBI). Concussions are of particular concern for children since the brain is still developing during this critical period. Untreated or improperly managed concussions can have long-lasting, detrimental effects on young brains, affecting the child's physical, cognitive, emotional, and sleep health. Numerous efforts have been made in the US to prevent sports and recreational injuries, including sports-related concussions. One such effort to mitigate negative health consequences is a public health policy approach. In this presentation, an approach to address TBI prevention and control among school aged children will be introduced and discussed. Examples on state-level TBI laws will be used to illustrate how a public health policy approach is used to address sports-related concussion prevention and control. The presentation will cover what state-level TBI laws are, how these laws are implemented and enforced at local schools, how these laws are evaluated using data from a large, national sports-injury surveillance system, and what the impact of these laws is on the trends of new and recurrent concussion rates among US representative high-school athletes while participating in the 9 most commonly played sports across a period of 11 years (2006-2016) from pre- to post-law enactment. These results, along with those of others, suggest that more public health policy efforts are needed to focus on preventing concussions in the first place, such as preventing or reducing initial head or body impact among school aged children who participate in sports and recreational activities.

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**Invited Speaker**



**Dr. Geoff Dickson**  
Melbourne, **Australia**

**BIO**

Dr Geoff Dickson is a leading member of the Australian sport management academic community. Geoff is an editorial board member of Sport Management Review, Journal of Global Sport Management, International Journal of Sport Management and Marketing, and International Journal of Sport Marketing and Sponsorship.

Geoff started his academic career at Central Queensland University before a 14-year tenure at Auckland University of Technology. During his time in New Zealand, Geoff was a director of Gymnastics New Zealand, Tennis Northern, AFL New Zealand and President of the Sport Management Association of Australia and New Zealand. He has been a visiting professor at universities in Brazil, Portugal, Canada, Germany, Hong Kong and Iran.

Now at La Trobe University (Melbourne, Australia) his research interests transcend sport management and event management, usually focusing on inter organisational relationships, network governance, event impacts and legacies, volunteers, sponsorship, ambush marketing and consumer behavior. He has supervised to completion nearly 30 honours, masters and PHD theses.

He is a keen golfer and describes his ability as ‘better than most but not nearly as good as some’.



# **Ambush Marketing and the 2023 ICC Cricket World Cup**

**By**  
**Dr. Geoff Dickson**

## **Abstract**

The 2023 Men's ICC Cricket World Cup will be the 13th edition of the ICC Men's Cricket World Cup, scheduled to be hosted by India during October and November 2023. The event is at risk of ambush marketing. Governments introduce event specific trademark-specific legislation to prevent ambush marketing at major and mega events (McKelvey & Grady, 2008), but this legislation is rarely utilised in court. This research seeks to explain the under-utilisation of event-specific ambush marketing legislation. Data were collected from semi-structured interviews in New Zealand with intellectual property lawyers and event managers, as well as marketing, advertising and sport marketing executives. The results indicate a number of factors explain the under-utilisation of the legislation. 1) The government must be convinced that prosecution is in the public interest. 2) Given the considerable grey area that delineates ambush marketing from other marketing practices, the government must consider the probability of a successful prosecution. 3) The ambushed organisation may not support the prosecution, given the possibility of negative media exposure. 4) Event owners are reluctant to have the matter tested in court for fear of creating a precedent should the prosecution be unsuccessful. 5) Event owners become very quickly concerned with the next event and are reluctant to prolong their engagement with an already completed event. The difficulties with enacting prosecutions should not suggest that this type of legislation is ineffective. Developing event specific trademark-specific legislation to prevent ambush marketing at the 2023 ICC Men's Cricket World Cup will reduce the likelihood of ambush marketing.

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**Invited Speaker**



**Dr. Alliance Kubayi**  
**South Africa**

**BIO**

**Dr Alliance Kubayi** is a Lecturer in the Department of Sport, Rehabilitation and Dental Sciences at Tshwane University of Technology (TUT), Pretoria, South Africa. He is a soccer coach and a performance analyst for TUT's soccer team as well as the Director of the youth football development programme. Dr Kubayi is also a member of the International Council for Coaching Excellence (ICCE). He has published more than 40 articles in peer-reviewed national and international journals, and received several research awards from his university. Added to these enviable achievements in his young professional career, Dr Kubayi has also presented research papers at a number of international scientific conferences including that of the ICCE. Although Dr Kubayi's research career started in sport participation and physical activity, he soon made the transition to other cognate areas such as sports coaching, performance analysis and talent identification in football.

# **Bridging the gap between sport science and coaching in the 21<sup>st</sup> century: A South African perspective**

By

**Dr. Alliance Kubayi**

**Abstract**

There exists a wide gap between coaches' needs and the information that is being disseminated by sport scientists. Therefore, the purpose of this study was to examine coaches' perceptions concerning bridging the knowledge gap between sport science and coaching in South Africa. This study adopted a mixed-method study design using a validated questionnaire and interview guide. The sample consisted of 202 South African sport coaches (174 males; 28 females; mean age=31.56±8.85 years; coaching experience mean: 6.22±5.13 years). The results showed that injury prevention and recovery, fitness/conditioning, individual skill development, training programmes (strength, endurance, etc.), match analysis, nutrition and mental training and preparation were most likely to be of interest to sport coaches. Following thematic analysis of the transcripts, the following three broad themes emerged: (1) sources of coaching knowledge, (2) barriers to sport science support, and (3) coaches' thoughts about knowledge transfer. These findings have practical implications for sports federations to revise their coach education programmes to include sports science concepts which can be applied by coaches to improve the sports performance of individual athletes and teams. Recommendations on strategies to close the gap between sport scientists and coaches are provided.

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**Invited Speaker**



**Dr. Zornitza PLAMENOVA MLADENOVA**

Senior Future Leader/Volunteer (SFLV) of Global Community Health (GCH)

President - Association of Touristic Animators

Sofia / Bulgaria

**BIO**

**Dr. Zornitza Mladenova** received her Bachelor, Master, and PhD degrees in Sport Sciences, Physical Education, Sports Science and Sports Animation from National Sports Academy “Vassil Levski”. She completes her postgraduate education in Economy and Management of Tourism at the University of National and World Economy, Sofia, Bulgaria.

As a member of the Olympic Club of National Sports Academy “Vassil Levski”, Bulgaria she was a part of the OC of the National Olympic Academy. Member of the Academic Council and Vice President of the Student Council of National Sports Academy “Vasil Levski”, Bulgaria.

As a President of the Commission for the development of student sport in the Republic of Bulgaria she was Chairman of the Organizing Committee and Founding member of the First National Student Summer and Winter Games.

In 2014 she was a part of the OC of 9th FIEP European Congress and 7th International Scientific Congress “Sport, Stress, Adaptation”, Sofia, Bulgaria.

From the beginning of 2015 Dr. Mladenova is working on implementation of HOPSports Brain Breaks® in Bulgarian schools and communities. After her collaboration with National Sports Academy and Ministry of Youth and Sport, the system of HOPSports Brain Breaks® Physical Activity Solutions was implemented in the schools in the municipalities of Sofia, Vratza, Mezdra, Kavarna and Shumen.

In 2018 she signed the Memorandum for strengthening the partnership relations and developing mutual cooperation for presenting and implementing the Global School Educational Program based on the UN Sustainable Development Goals between The Foundation for Global Community Health and Sofia Metropolitan Municipality – Vazrazhdane District,

She is working as a member of the “Future Leader Program” in ICPESS 2015 – Indonesia, ACPESS 2015 - India, GoFPEP 2016 – Turkey, ICSPHW 2016 – Philippines, BRICSCESS 2017, Brazil, ICPESS 2018 – Turkey and SEAGSC 2019 & ACPESS 2019 – South Africa.

# **Holistic approach for distance learning in Physical education during the Coronavirus Pandemic in Bulgarian schools and communities**

**By**

**Zornitza Mladenova,**

Association of Touristic Animators, Sofia , Bulgaria

## **Abstract**

We live in the brining of the new technological revolution that will alter the way of our behavior and attitudes in all the areas of our existence: personal, social, professional. And one of the big questions that face our society is: How to prepare the new generation to face any challenges in the terms of a reality? The COVID-19 has resulted in schools shut all across the world. According the Ministry of Education in Bulgaria the teachers have not only to present the educational content to their pupils but also to provide psychological support thru holistic approach in the area of arts, technologies and sport. Such challenge can also be a tremendous opportunity. The intension of our study is to present some of the good practices in Bulgaria regarding the implementation of a holistic approach in terms of the distance learning with then purpose to overcome the social isolation and support the pupils to participate in the process of distance learning in PE classes. According the Ministry of Education in Bulgaria, the teachers have not only to present the educational content to their pupils but also to provide psychological support thru holistic approach in the area of arts, technologies and sport. After a three months of the implementation of digital platform of HOP Sports Brain Breaks® Physical Activity Solutions as a part of the online education we can summarized that the digital program is more relevant now than ever, particularly with providing different PA applicable at home, but also as an important tool for fostering cross- subject relations and holistic learning.

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***Dr.Ma.R.Ampoyas,  
Cebu, Philippines***

**BIO**

Health and Wellness Consultant Kapwako, Mahal Ko Foundation Children with Cancer GMA Network Foundation Cebu, Chapter, Philippines,  
K-12 Curriculum of Physical Education and Health Trainer Department of Education Region 7, Adapted Physical Education Trainer Department of Education Region 7, Cebu City Philippines  
Program Director Family Adolescent children Educational Therapeutic Center (FACET)  
Founder Modern Era of Dance, Physical Education and Sports Association  
Member Editorial Board International Journal of Phy. Education and Computer Science in Sports  
Chairperson Culture and Arts, Association for the Advancement of Humanistic Psychology  
Dance Choreographer Chinese Department Cebu Eastern College  
Dance Choreographer Cebu Normal University Folkloric Dance Troupe  
Former Performer and Dance Choreographer World Renowned Festival Sinulog Grand Festival.  
Certified Yoga Instructor USA- Womanly Wealth Academy December 2018 Hyderabad, India Jan.2020  
Certified ISO Lead Auditor Cebu City April 2019  
Quality Assurance Officer CAS- School of the Sciences Cebu Normal University 2016- till date  
Certified AACUP ACREDITOR of the Philippines Cebu City 2016  
Certified Holistic Health and Wellness Coach USA- Womanly Wealth Academy December 2018  
Certified Drum's Alive Instructor Bangkok Thailand September 2010  
Wellness Director, Center for Well- Being Talisay City Cebu 2017- Up to the Present  
Presented and Published Research Paper in International and National Journal  
Invited as International Speakers in Asia India, Hong Kong and Korea.



# **Distance Learning Approaches of Physical Education Amidst Asia- Pacific Region**

By

**MA.ROSITA AMPOYAS-HERNANI Ph.D**

Cebu , Normal University, Cebu, Philippines

## **Abstract**

According to the UNESCO Global Education Coalition, COVID 19 outbreak is also a major crisis in education. To contain the spread of the virus COVID19 pandemic government educational Institutions around the world have temporarily closed that results to 91% of the worlds students population. UNESCO and WHO are working with the governments and all relevant stakeholders to ensure that all learners are supported in terms of their academic , physical , health and emotional wellbeing The impact of COVID-19 on society in the Asia-Pacific region”, (Okajima,M 2020)COVID-19 is spreading worldwide, impacting children, educators, parents and, most seriously, vulnerable people. The pandemic has affected over 1.5 billion learners in 192 countries in the world. Asia-Pacific have been taking measures to mitigate the spread of the virus. However, there are countries in Asia -Pacific that closures of the schools is closures of the delivery of instructions which means- since there was no contingency plan as to how the delivery of the subjects PE will be implemented at home and on line there was an early end of the semester and classes students those who leaving in the rural areas where given the time to go home and PE teachers are given a freedom as to how the learning objectives, assessments and the grades will takes place. The researcher adapted the recommendations as how to plan distance learning strategies shared by the UNESCO gathered around the world and how it can apply in the context of Physical education. These study proposed a framework in reframing the physical education curriculum based form the amidst the Asia-Pacific learning distance approaches.